



## **Bayne-Jones Army Community Hospital**

### **Building a Healthier You in 2014!**

The New Year brings with it new opportunity, new hope, and another chance to start fresh with a healthier lifestyle. Bayne Jones Army Community Hospital (BJACH) is committed to helping to improve the health and well-being of its military population and their families. We are asking that your New Year resolution be your commitment to your health! That is BJACH's mission and goal, to provide the best health care to you and your loved ones.

One of the best ways for us to assist you with this new or continued commitment is by monitoring and tracking your well-being through preventive services

#### **What are preventative screenings and what do you need to track?**

Preventive services are either (1) screening procedures to detect disease or (2) primary or secondary preventive interventions to protect or restore health. They can help ensure that common, serious disease and conditions are detected and treated.

At this time, Bayne Jones is focusing on five preventive screenings for our enrollees; Diabetes Screening, Cervical Cancer Screening, Breast Cancer Screening, Colon Cancer Screening, and Asthma. Each service has a target risk population and time period for screening.

#### **Diabetes**

Diabetes can be damaging to someone's health if not managed properly. These beneficiaries must see their Primary Care Manager (PCM) *at least* annually to ensure they are being managed effectively. Lab tests (A1c, Cholesterol, Microalbumin) and exams (Optometry exams, Neuropathy exams) must be performed at least every 12 months and more frequently if the results are abnormal. Poorly controlled diabetes may result in decreased life expectancy, blindness, amputations, kidney failure and decreased quality of life. If you need an appointment, please call our appointment center staff at (337) 531-3011 or visit the BJACH web site for information on Diabetic and Nutrition classes.

#### **Cervical Cancer**

Cervical cancer screening is targeting women, age 21 and up. It is recommended that women 21 years and older have at least one Well women exam in the past three (3) years, if previous results are normal. If you have had an abnormal result in the past, seek your PCM's guidance. Worldwide, cervical cancer is the third most common type of cancer in women. If you need an appointment, please call our appointment center staff at (337) 531-3011



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### **Breast Cancer**

Breast cancer screening is targeting women, age 40 and up who have never had a mammogram or had one in the in the past two (2) years. Breast cancer is found in 1 of every 8 women. Early diagnosis leads to greater quality of life and life expectancy. If you need an appointment please call the appointment line at (337) 531-3011 or radiology at 531-3376

### **Colon Cancer**

Colon cancer screening is targeting all adults, age 50 and older, who have not had an appropriate colorectal cancer screening. According the American Cancer Society: Colon Cancer in is the third most common cancer in the U.S and is one of the most preventable cancers when using preventative screenings like a colonoscopy. The colonoscopy can detect the presence of polyps, which can be an indicator of Colon Cancer.

### **Asthma**

Patients with a diagnosis of "Asthma" need to be seen to ensure that their asthma care plan is updated at least yearly. If you are diagnosed with persistent asthma or believe that you are a persistent asthmatic, make an appt with your PCM to talk about medications considered acceptable as a primary therapy for the long-term control of asthma. Poorly controlled asthma leads to increased hospitalizations, emergency room visits, and decreased quality of life for the beneficiary. If you need an appointment please call our appointment center staff. 531-3376

### **Well Baby Exams**

Babies should be seen for their well baby exams at the ages of: 2 weeks, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, and 18 months. According to the Centers for Disease Control and Prevention, by following the recommended schedule and fully immunizing your child by 2 yrs of age, your child should be protected against 14 vaccine preventable diseases. Ask your provider or team nurse when your child's next visit should be scheduled

**Let's work together to build a healthier you in 2014 !!**